

Daily Word



MAY 1955

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought and purpose and inspired to right action for the good of all mankind.

•
ILLUMINATION (11 a.m.): The Christ Mind active in my consciousness fills me with divine wisdom and understanding.

•
PROSPERITY (12 noon): I rejoice in the consciousness that God through Christ has given me access to inexhaustible spiritual substance now manifest in my prosperity.

•
HEALING (9 p.m.): I am bubbling over with the joy of the Christ Mind, and every nerve, muscle, and cell tingles with the spirit of health.

DAILY WORD is nonsectarian. It is published monthly by **UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI**. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: **Unity**, **You**, **Weekly Unity**, **Good Business**, **Daily Word**, and **Unity Sunday-School Leaflet** at \$1 a year, and **Wee Wisdom** at \$2 a year.

DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 62

MAY, 1955

No. 5

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Nonresistance

IMELDA OCTAVIA SHANKLIN

A condensation from the book *What Are You?*

YOU MAY think of nonresistance as an indifferent, spiritless yielding to whatever occurs. You may think of it as a teaching fit only for the unfit, and as a practice suited only to those who are incapable of self-defense.

If you so think, you wholly miss the meaning of the word and of the act. Nonresistance is stronger than resistance; its practice requires more mind capacity than is required for resistance; its appeal is to the divine in you.

You, who survive the universes and inhabit eternity, should array yourself on the side of things eternal. You should know that a weak man fights and that a strong man governs himself to higher purposes.

You mentally resist more than you physically resist. You feel that you so much respect yourself that you would not engage in a fisticuff or in a cheapening quarrel. But you may mentally resist with a fierceness that has on the temper of your life and on the material of your body an effect more demoralizing than that of pugilistic or brawling resistance.

Nonresistance is not the line of least resistance. By following the line of least resistance you may be able temporarily to evade a responsibility. But no responsibility can forever be avoided. If the thing be disagreeable in contemplation, cease to contemplate it; go out to meet it, serenely non-resistant. The line of least resistance may be the trek of the coward. Nonresistance is the triumphal highway of the hero of the universe—the soul that has won consciousness of its identity, its place, its everlastingness.

You resist whatever you oppose, criticize, or resent. When you begin to practice nonresistance you find that you have been resisting in more ways than you would have enumerated. You find inconsistencies, contradictions.

Resistance centers on detail; nonresistance accepts the generalization. If you agree where you can agree and refrain from considerations of points that you do not accept, you keep unity with the universe. Agreement is feasible when your mind seeks agreement.

Always there is ground for agreement. If you do not find that ground, grant its presence; agree or withdraw in peace.

Resistance will fret you, throw you out of correspondence with your association. When you are nonresistant your associations are frictionless, and

your growth is unaccompanied by pain.

Nonresistance is not mere tolerance. It includes none of the assumed superiorities of the personal mind. It is a positiveness that offers no opposition, that does not take account of opposition. Being nonresistant, you do not feel yourself of higher grade than others. You do not consider differences; you consider likenesses. You have no enemies, because you are not an enemy.

If you are nonresistant toward years, the passing of the years will not age you. You continue, but you do not grow old. Your life is transferred from time to eternity. States of consciousness come, are succeeded by other states, but you do not die; you continue to live.

When you are nonresistant toward your good your good runs to meet you. I have found that I never win until I become willing to do without the trophy. I have learned to say to whatever seems worth having, "If you do not want me as much as I want you, I do not want you at all. I can do without you, and sorrow not; but I will welcome you if you come."

Do not let yourself become so important to yourself that you come to consider yourself the guardian of the morals and the rights of the race. You are to work with all law; but do not be agitated for the sanctity of any law. You know

that the spiritual law is never defeated; it operates regardless of your approval or disapproval.

Few criticisms will be made of your faith if you really know your faith and consistently live it. The world is little interested in what you believe. It is tremendously interested in what your belief causes you to do.

Do not resist persons' opinions of you; do not form opinions of persons that will cause them to resist. If you refrain in these respects, peace will flow from you and to you.

Can you hold yourself levelly nonresistant toward apparent injustice directed toward you?

The unjust act ceases to be unjust when you do not accept it by resisting. As you value your peace of mind, your progress, never let yourself be hurt by what anyone does.

Do not let yourself consider retribution, to be administered by yourself or by the law. Do not betray yourself by the reproach, "I thought that he was my friend; but he is not, for he has failed me."

Nonresistance is the irresistibility that without hurt delivers you whenever there is need of deliverance; that wraps you in the shining mantle of God's protecting love; that flings wide for you the portals of the highest heaven; that within the tempest's chant sings the conqueror's anthem.

It is the bud on the tree of life that tells of fruits to follow. It is the coolness of crystal waters, without which your soul would grievously thirst. It is the day star of a fairer era in your eternity.

You are heaven's nonresistant, all-conquering hero.

*The universe loves, protects, and cherishes me.
I am nonresistant to all things in the universe.
Thine, O God, is the kingdom, Thine the power,
Thine the glory. Amen.*

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph or telephone at Baltimore 4720, Kansas City, Missouri, or by letter at Silent Unity, Lee's Summit, Missouri.



Pinions of Power

R. H. GRENVILLE

"I can!" "I will!" These are the wings
God gave the eager soul of man
To lift him high above the earth
Of circumstance. "I will!" "I can!"
Are quick to rise and swift to soar
Above the valleys of despair.
No need to nurse an earth-bound dream
While you have wings like these to
bear
You upward in triumphant flight.
Envy no more the feathered clan,
But try your own God-given wings—
Pinions of power: "I will!" "I can!"



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Connecticut:

I went through a terrible ordeal that started in January 1953. I just kept saying, "Thy will be done." At first I didn't even believe myself, but I kept on knowing that someday I'd get the answer as to why this happened to me.

I have my answer. It was to have me see that living in Christ, working with and through Him, knowing that He is the beginning and the end,

is all that matters and all that ever will matter. I have no sense of injustice, sorrow, bitterness. I thank God. I am completely and truly happy.

There are all kinds of deaths, I have learned. Mine looked like a death of a marriage, but I found that resurrection can and does happen every day in daily living. Many persons have not learned this—they think it only applies to physical death. I know, for I thought so, too.

I wondered so many years why I was living. It was just a monotonous round, no real joy, although I had a son and daughter, was a well-educated person, was able to paint and to play the piano. Still, I had the underlying heaviness, the "what's-it-all-about" attitude.

I still have my family and my artistic interests, but I have lost all that "heaviness." It is now "heavenliness!"

From Colorado:

I am an alcoholic, and I want to tell you how much DAILY WORD has helped me. It has given me comfort, courage, and hope.

From Canada:

DAILY WORD has helped me so much during our recent purchase of a new home and the arduous task of moving.

My small son calls it "God's book" and often

asks, "What does God say today?" It is amazing how often the daily message has a personal meaning for us.

From New York:

I like the suggestion you made recently that if each DAILY WORD subscriber would send an additional subscription to someone the circulation would be more than a million. Since I take DAILY WORD, will you send an additional subscription to the following friend?

From Washington:

The way my husband and I use our DAILY WORD is gratifying to us because we keep our date with God and with each other by reading the page for the day at exactly the same time.

It is our best medium of being together, for my husband is in prison, in another State, paying a debt to society that he owes in the eyes of the world.

I sincerely hope that no other reader of DAILY WORD is faced with the same problem; but should anyone be separated from their loved ones, it is an ideal way to keep close to each other and to God.

From Kentucky:

DAILY WORD has been a wonderful help to me.

Each morning I read it, and it helps me through the day. Sometimes when taking care of little children it is rather difficult. Then what I read in the morning comes back to me, and somehow I know what to do. You see, I am a baby sitter.

From Georgia:

Here is a word about my DAILY WORD. Most of my friends I send it to do not know how to get the most good from it by using it daily. People sit down and read every word as soon as it comes.

It can't be digested all at once, just as eating a whole month's supply of food at one time is an impossibility.

I read the wonderful little messages in the front of DAILY WORD as soon as it comes to me in the mail, then I place the magazine in a handy place, not opening it again till the first day of the month. I then place it on my dining table each morning. I read and meditate on each day's lesson. Every day it is just what I need, and every day I look forward to a new, wonderful message to me.

From Pennsylvania:

DAILY WORD is always with me, and when I arrive at the office the first order of business is to read the daily message. It is amazing to note how many times the message just fits, if you know what I mean.

Sunday

MAY 1

IN THE NAME OF THE LORD JESUS CHRIST WE PRAY FOR AND DECREE A PERMANENT PEACE, UNITING ALL THE NATIONS OF THE EARTH IN A LEAGUE OF JUSTICE AND RIGHTEOUSNESS, IN WHICH THE LIFE, LIBERTY, AND LOVE OF GOD SHALL BE PARAMOUNT.

THIS prayer for peace was given us by Charles Fillmore, cofounder of Unity. In Silent Unity we pray every day for world peace. We know that world peace can be brought about only when the individuals who make up the nations of the earth are quickened with God's Spirit of justice, love, wisdom, and light.

Every individual has an important contribution to make to the peace of the world. One important contribution all of us who read DAILY WORD and pray together can make is to give the substance of our thought and faith to praying for peace.

"Where two or three are gathered together in my name, there am I in the midst of them." We may be sure that as we pray together in the name of Jesus Christ for peace His presence is with us, in the very midst of us, giving power and life to our prayers.

✿ *The earth is Jehovah's.*—PSALMS 24:1.

MAY 2

Monday

I AM SET FREE FROM OLD THOUGHTS AND OLD CONDITIONS. I AM GLAD TO BE ALIVE.

LET US greet this day with a smile—smiling because we are free from old thoughts and old conditions, smiling because we are glad to be alive.

We have the power to choose between depression and joy. We need never allow ourselves to remain in a depressed state of mind. We can always lift ourselves out of depression; we can always lay hold of the abundant joy of Spirit through turning in thought and prayer to the presence and power of God in the midst of us.

We can stir up the spirit of joy in us by thinking about the many things that we have to make us joyful. Regardless of how depressed we may feel for the moment, we can change the current of adverse thinking by recalling to mind the blessings that are ours. As we make this review, we will recall many things which we had forgotten.

Even as we have been blessed in the past, so there are blessings abundant and beyond measure waiting for us. We have every reason to be glad to be alive.

* *Be of good cheer.*—JOHN 16:33.

Tuesday

MAY 3

I HAVE EYES TO SEE, EARS TO HEAR, AND A HEART TO UNDERSTAND THE BEAUTY AND WONDER OF LIFE ALL ABOUT ME.

DURING this beautiful month of May let us think about developing our capacity to appreciate and to enjoy the beauty of life.

Many times we pass by the beauty that surrounds us with unseeing eyes, with unhearing ears, with unreceptive hearts and minds.

But the capacity for appreciation of all that is lovely and beautiful and inspiring in life can be developed in us. It takes practice on our part; it takes willingness on our part; it takes receptivity on our part.

Today and every day say to yourself, "I have eyes to see, ears to hear, and a heart to understand the beauty and wonder of life all about me." You will be astonished at the color and beauty that life will begin to take on for you. The beauty is there; the wonder is there. If you look for it, you will discover it.

*Let the field exult, and all that is therein;
Then shall all the trees of the wood sing for joy.*
—PSALMS 96:12.

MAY 4

Wednesday

WITH GOD NOTHING IS IMPOSSIBLE. MIRACLES OF HEALING ARE WROUGHT THROUGH FAITH AND PRAYER.

INTELLIGENCE and life are in every cell of the body. We need to remember this in the face of any healing need. It does not matter what the condition is or what the human thought may be about the possibility of healing. The life of God is a healing presence that forever works toward health and perfection.

If you need healing or if you are praying for someone who needs healing, take time to give your thought to the intelligent life of God, which abides at the heart of every cell and atom of the body. Know that God's will for the body is life and perfection, that beauty, peace, and order are His will. See past pain or suffering to the abiding Spirit of wholeness and give thanks with all the faith of your heart that the healing processes of the Holy Spirit are now mightily at work. Renewal is taking place, restoration is taking place, the reforming of the substance and cells of the body is taking place. Miracles of healing are being wrought through faith and prayer.

♣ *With God all things are possible.*—MATT. 19:26.

GOD PROSPERS ME NOW.

ALL OF us have times when we need additional money, a job, a place to live, or some other condition that means prosperity to us. At these times we must pinpoint our faith and affirm, "God prospers me now."

Sometimes when we are focusing all our faith upon claiming the fulfillment of our immediate needs, we have an experience that we think of as almost miraculous. In these concentrated moments of faith and expectation we transcend our misgivings and fears and reach through to the presence of God within us.

You may not see how affirming, "God prospers me now," is going to supply something completely material, but you do not need to see—you need only to have faith. By mustering faith in God's all-providing love you open the way for prosperity to flow into your life and affairs.

Give thanks now that your good is unlimited and comes to you from many directions and through many channels.

✠ *All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them.*—MARK 11:24.

MAY 6

Friday

I MEET EVERY SITUATION IN MY LIFE WITH
CALM TRUST IN GOD.

WHEN any situation arises in my life that, on the surface, seems disturbing, instead of making impulsive decisions or running to and fro for advice, I calm myself and place the entire matter in God's adjusting care. I open my mind and heart to Him and ask His loving guidance.

Nothing is impossible to the Spirit of God within me. No problem is too difficult for His wisdom to solve. No condition is beyond His resurrecting power to restore. But His healing Spirit can work through me best when my mind and emotions are calm and when my body is free from tension.

Therefore, in the face of whatever confronts me I quiet my emotions, I calm my thoughts, I relax my body. I make no frantic effort to solve the situation, but with great composure of spirit I calmly place the situation in the loving care of God in the midst of me. I trust His love to work through me to make all things right. I trust His love to set me free.

☛ *In quietness and in confidence shall be your strength.*
—ISA. 30:15.

CHRIST DWELLS IN ME.

CHRIST in me is the intelligence that illumines my mind, the animation that shines through my personality, the warmth and light that glow in my flesh.

Christ in me is the reality of my being.

It is the Christ love that radiates through my heart and manifests itself as my affections.

It is the Christ wisdom that flows into my consciousness and manifests itself as my intelligence.

It is His eternal joy that sparkles through my smile and His compassion that lifts my hands to bless.

My feet move at His command, and the work that I do is done with His strength.

He uses my ears to hear the good; He uses my eyes to behold the perfection in all.

Christ dwells in me. The living Christ is the one real presence and the one and only power in my being, and I joyously let Him express His power through me.

✿ *Try your own selves, whether ye are in the faith; prove your own selves. Or know ye not as to your own selves, that Jesus Christ is in you?—II COR. 13:5.*

MAY 8

Sunday

"MY SOUL, MY BEING MERGE IN SWEET AC-
CORD
IN LOVE FOR THEE: IN LOVE FOR THEE."

"THE hours I've spent with Thee, dear Lord,
Are pearls of priceless worth to me.
My soul, my being merge in sweet accord
In love for Thee; in love for Thee.

Each hour a pearl, each pearl a prayer,
Binding Thy presence close to me;
I only know that Thou art there, and I
Am lost in Thee.

Oh, glorious joys that thrill and bless!
Oh, visions sweet of love divine!
My soul its rapturous bliss can ill express
That Thou art mine, O Lord! That Thou art
mine!

—*My Love to Thee, by Myrtle Fillmore,
the Mother of Unity, adapted from
"The Rosary."*

♣ Yea, I have loved thee with an everlasting love.
—JER. 31:3.

Monday

MAY 9

I LET GO OF ANY ANTAGONISM TOWARD ANYONE OR ANYTHING IN MY WORLD. I LET THE LOVE OF CHRIST RADIATE THROUGH ME.

I DO not allow any antagonism to dwell in my heart. I do not waste my time and energy resisting, fighting, or complaining. Rather, I look beyond outer circumstances and personalities to the radiant Spirit of God, which shines beneath the surface.

I do not think of life and other persons as being against me. I do not think of them as obstacles that keep my good from me. Instead, I behold all the persons in my world as channels through whom God is seeking to bless me along my way.

I behold all the circumstances in my life as opportunities to grow stronger in my faith and understanding. Everyone and everything in my life can be a blessing; so from this moment on, with God's help, I welcome everyone and everything in my world, and I give thanks that through everyone and everything God is revealing His good.

✿ *Above all these things put on love, which is the bond of perfectness. And let the peace of Christ rule in your hearts . . . and be ye thankful.*—COL. 3:14, 15.

MAY 10

Tuesday

THERE IS A PRESENCE IN ME THAT IS GREATER THAN MY FEARS; THERE IS A POWER IN ME THAT IS STRONGER THAN MY WEAKNESS. I NOW ABIDE IN THIS PRESENCE AND POWER.

SOMETIMES in our human selves we seem to lack strength, will power, and self-control. But rather than thinking about our need to be stronger, our need to exercise self-control, our need to use will power, let us think about who and what we really are.

No matter how much we may have condemned ourselves, we are spiritual beings, we are created in the image and likeness of God; and God loves us with an everlasting love. His Spirit is in us, His life is in us, His strength is in us, His power is in us, His overcoming presence is in us. When we begin to think of ourselves in the light of Truth we are able to take a new hold on life. We see that there is really nothing to fear, that there is no reason for despair, that there is no reason for discouragement. God is with us. He loves us. He will not let us down.

*Thou madest him a little lower than the angels;
Thou crownedst him with glory and honor.*

—HEB. 2:7.

Wednesday

MAY 11

THE MINISTERING LOVE OF JESUS CHRIST GIVES ME PEACE.

LET NOT your heart be troubled: believe in God, believe also in me."

Believe in God with your whole heart. Let your mind be stayed on Him, for He is your help in time of need. As you rest in His ministering love, you will gain strength, security, and peace. Open your heart to God. He is able to bring you the comfort and peace you need to meet life's challenges triumphantly.

In God there is courage, strength, and wisdom. In God there is peace and understanding; there is the power to overcome the problems of life. In God there is light and inspiration.

Affirm: "I will not let my heart be troubled. I believe in God with my whole heart, and the ministering love of Jesus Christ gives me peace of mind. His ministering love is with me now, revealing God's wise and loving purposes to me, and revealing the underlying good in every situation."

☪ *Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled.*—JOHN 14:27.

MAY 12

Thursday

I PLACE MY DEAR ONES IN GOD'S CARE AND
KEEPING.

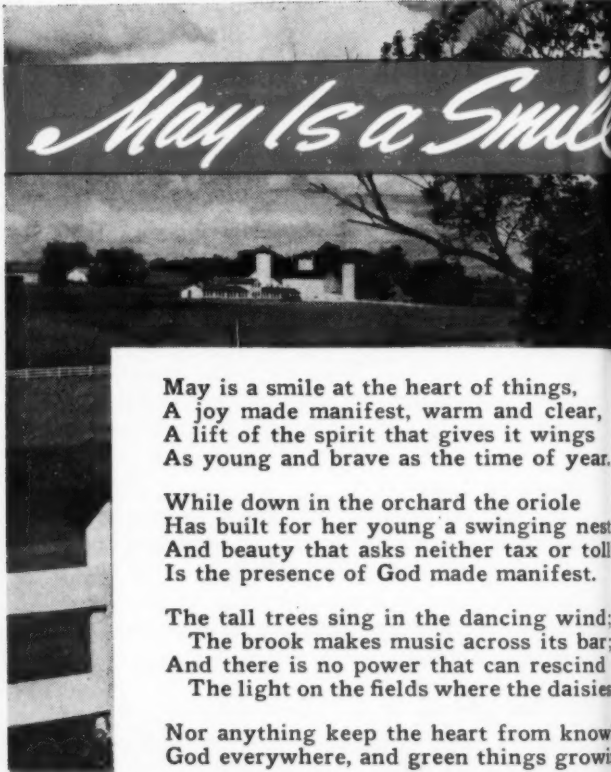
I DO not allow myself to become fearful or anxious about the welfare of those I love. I fearlessly place them in God's care and keeping, knowing that He is the light of their lives, just as He is the light of my life.

I rely implicitly on God instead of my own human strength. My heart is free from worry, tension, or fear. I lift my thoughts to God, and He calms my mind. With my mind tranquil and peaceful, thoughts of love flow out unceasingly to my dear ones and surround them with strength and courage. I see them as God sees them—strong, vital, and alive.

It gives me comfort and peace to release my dear ones into God's loving care and keeping; I know that His wisdom is infinite, that His love is greater than any human love. His Spirit watches over them and keeps them in perfect peace and safety.

*He shall give his angels charge concerning thee, to
guard thee . . .
On their hands they shall bear thee up.*

—LUKE 4:10, 11.



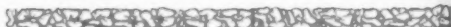
May Is a Smile

May is a smile at the heart of things,
A joy made manifest, warm and clear,
A lift of the spirit that gives it wings
As young and brave as the time of year.

While down in the orchard the oriole
Has built for her young a swinging nest
And beauty that asks neither tax or toll
Is the presence of God made manifest.

The tall trees sing in the dancing wind;
The brook makes music across its bar;
And there is no power that can rescind
The light on the fields where the daisies

Nor anything keep the heart from knowing
God everywhere, and green things growing





GEANOR HALBROOK ZIMMERMAN

Friday

MAY 13

I OPEN THE WAY FOR INCREASED GOOD TO FLOW INTO MY LIFE BY INCREASING MY CAPACITY TO RECEIVE.

WE NEED to give to others of our supply, our services, and our love. But we need also to receive from others, for it is fully as important for us to receive as to give.

The person who refuses to let another do something for him not only limits his own capacity to receive, but deprives the other person of the privilege of giving. It is necessary for us to give in order to be happy, and we must not deny others the opportunity to find happiness through giving also.

Gracious receiving of gifts is an art in itself and may require practice. Gracious receiving, however, makes the gift complete for the one who is giving. God is willing to give us as much of His good as we can accept, and His gifts come to us largely through other persons. So if we refuse a gift or a service, we are, in reality, refusing one of God's blessings. Let us practice being gracious in receiving as well as in giving.

✿ *Wherefore receive ye one another, even as Christ also received you, to the glory of God.*—ROM. 15:7.

MAY 14

Saturday

FREED FROM ALL ANXIETY, I REST IN THE CALM ASSURANCE THAT GOD, THE GOOD, PREVAILS IN ALL MY AFFAIRS.

WORRY and anxiety have never helped any situation.

How often we hear someone exclaim "Oh, I am so worried! What shall I do?" But one answer can be given: "Take the opposite stand." The time and the thought substance that have been given to worry must be given to faith in God. The belief that certain persons or circumstances can work us harm must be transformed into the belief that God is right at hand, converting our affairs into perfect order.

If one is assured that God, the good, prevails, he can have such faith in the good that there is not the slightest chance for doubt or anxiety to enter.

One's affairs take on his own characteristics. Freed from all anxiety, let us rest in the calm assurance that God, the good, prevails in all our affairs.

☛ *In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known.—PHIL. 4:6.*

I AM THE EVER-RENEWING, EVER-UNFOLDING
EXPRESSION OF THE CHRIST WITHIN.

THE PERFECT Spirit of Christ is within me even as the perfect oak tree is within the acorn. Even as it is the destiny of the acorn to unfold and to express the oak tree within it, so is it my destiny to unfold and to express the indwelling Christ.

Every part of my being is now unfolding itself from the perfect Christ pattern within me. With every passing moment the Spirit of Christ in me is seeking more beautiful and perfect expression in my consciousness, in my body, and throughout my activities.

Christ's infinite wisdom in me is momentarily unfolding new and stimulating ideas into my mind. Christ's radiant life in me is momentarily resurrecting every cell of my body from glory to greater glory.

Because I am momentarily unfolding more and more of the infinite Christ potentialities within me, my life becomes ever more beautiful and more productive.

✿ *First the blade, then the ear, then the full grain in the ear.*—MARK 4:28.

MAY 16

Monday

I AM NEVER DISCOURAGED. FORTIFIED BY GOD'S SPIRIT IN THE MIDST OF ME, I PRESS FORWARD IN FAITH.

DEAR FRIEND, you have not failed if you have not given up. As long as you keep on trying to do the best you can, trusting in God all the while, then you are a success.

The only failure is to become discouraged when things seem to go wrong. It is not what happens to you but the spirit in which you meet it that makes the difference.

If each time you seem to fail you rise to your feet, square your shoulders, and with renewed effort press forward with faith in God, you will never be considered a failure.

As you persist joyously in this manner, outer success will surely follow.

The secret of success is unrelenting persistence in your efforts to achieve the goal you have set for yourself. No matter what takes place, no matter how many mistakes you make, no matter how hopeless it seems, keep on trusting God, keep on doing the best you know, and you will succeed!

☛ *They ought always to pray, and not to faint.*—LUKE 18:1.

Tuesday

MAY 17

IN THE INNER DEPTHS OF MY CONSCIOUSNESS
I AM FREED FROM ALL UNPLEASANT MEMO-
RIES. I LIVE IN EVER-INCREASING HAPPINESS.

THERE IS no bitterness or regret in my heart. I give up every inclination to call to mind unpleasant feelings about things of the past. All those with whom I have ever been in contact now receive my sincerest blessings. I do not hold anyone in bondage to preconceived beliefs about him. I deny that anyone has caused me hardships or misfortune.

In my heart I hold only good feelings toward all persons. I set all persons free in the Father's freedom and love. I free them as I would want to be set free.

My heart is right with God, true to divine principle. I forgive and love with the forgiveness and love of God. Through God in the midst of me I have power to liberate and to forgive. I have power to wipe out of my heart all that is unloving.

In the secret depths of my consciousness I am unified with God. In His love I abide.

*If thou set thy heart aright . . .
Thou shalt forget thy misery.*

—JOB 11:13, 16.

MAY 18

Wednesday

"BE STILL, AND KNOW THAT I AM GOD."

I STILL every anxious thought, realizing that the Father within me is all good and all powerful. This day I hold fast to the words, "Be still, and know that I am God." When I keep this thought with me I am able to cast out all doubt and fear. I am filled with the faith that knows that no problem is without its perfect solution. I know that "with God all things are possible," and I am calm and free from strain and worry.

The words, "Be still," tell me to quiet my anxious thoughts and to trust God; these words tell me that I and the Father are one, that He is within me, a loving, living presence.

I no longer mentally clutch my problems to myself in an endeavor to solve them, but instead I turn my whole thought, my whole being to His loving presence within me. I am one with Him. He is mighty in the midst of me, and through Him I can do and be all things.

Now I am still. I joyously acknowledge God's presence and power. I give thanks that He is even now perfecting every department of my being.

♣ *Be still, and know that I am God.*—PSALMS 46:10.

Thursday

MAY 19

THE LOVE OF CHRIST IN ME ENABLES ME TO
TREAT OTHERS AS I WOULD HAVE THEM
TREAT ME.

WHEN WE take the attitude of treating others as we would like them to treat us, we find that we have satisfactory relations with others. We find that we can handle any situation with a minimum of conflict. For others respond to us according to our attitudes toward them.

For instance, when we take an attitude of superiority toward another he feels defensive and uncomfortable with us. But when we sincerely feel the equality of all in God we can resolve any difference with another without a breach of good will.

We bring out the highest in others when we seek to respond as we would like to be responded to—with words that respect our personal dignity, with tolerance, with a willingness to understand why we acted as we did, and with ready forgiveness.

✿ *All things therefore whatsoever ye would that men should do unto you, even so do ye also unto them: for this is the law and the prophets.*—MATT. 7:12.

MAY 20

Friday

I SEE GOD IN EVERYTHING, VISIBLE AND INVISIBLE, AND MY FAITH GROWS AND INCREASES HOUR BY HOUR, DAY BY DAY.

DAY BY day, I realize more deeply and more clearly the spiritual foundation of the universe; the rhythmic order of the spheres, down to the least atom; the wonder and the majesty of life in a single cell.

As I begin to see God in and through everything visible and invisible, my faith increases. My faith, which was as a mustard seed, is now an ever-enlarging faith, filling my mind and heart with confidence, serenity, awe, and love and bringing forth blessings in my world.

Faith and realization go hand in hand. My faith in God and my realization of His presence create an ever-soaring spirit of thankfulness within my heart. It is marvelous to witness the power, the glory, the love of God! It is challenging to realize that we are all part of the divine plan of God, that we are part of His life and love, that through us God works to bring forth His good in the world.

✽ *And the apostles said unto the Lord, Increase our faith.—LUKE 17:5.*

Saturday

MAY 21

THE SPIRIT OF GOD IN ME IS THE ANSWER TO EVERY SITUATION THAT CONFRONTS ME.

DO NOT BE discouraged, for there is an answer to every situation in your life. The Spirit of God in you is the perfect solution to every situation that confronts you, so there is nothing for you to fear.

As you calm your troubled spirit and quietly trust every matter to the all-adjusting wisdom of God within you, His love will begin to work through you to set all things in order.

Nothing is so complicated that His Spirit in you cannot make it right again. Nothing is so hopeless that He cannot open a way.

Trust God's capability within you. Place every problem that concerns you in His healing care, and leave the problem with Him. Know that He will unfailingly work through you to bless you and your life.

The power of God working through you, will bless everything that concerns you in a beautiful and perfect way.

*For by thee I run upon a troop;
And by my God do I leap over a wall.*
—PSALMS 18:29.

IN THE SILENCE I RECEIVE AN INFILLING OF
DIVINE IMAGINATION, A RENEWAL OF CRE-
ATIVE SPIRIT.

DEAR Father-God, I open now my mind and heart to You. I wait quietly, receptively, to receive an infilling of divine imagination, a renewal of creative spirit. Give me, Father, divine daring to step out into new fields of achievement, to let my indwelling Christ have full, unhampered expression. Amen.

Divine imagination may lead me to new fields, into paths that seem strange and alien to my feet, but I will not falter or hesitate. I will accept the challenge; and knowing God as the rock upon which my whole life is built, I will go forward joyously.

As new doors open, I will seek guidance from God first, then go forth into whatever new experience awaits me. I will not delay or hesitate. I will not cloud my thoughts with doubts.

Life is an exciting challenge, and as divine imagination leads me on, I will indeed praise and give thanks to God.

✿ *The spirit of the Lord Jehovah is upon me.*—ISA. 61:1.

Monday

MAY 23

I RENAME MY WORLD AND CALL IT GOOD.

IT LIES within my power to name my world. If I do not want to experience negative reactions in my circumstances and my environment, I will not think about negation; I will not see imperfection. If I want to experience health in my body, I will not call it weak or sickly. I will rename my body; I will praise it and think of it as God's own temple.

I will think of the life of God in every part of my body. It was created according to a perfect pattern, and as I bless the perfection of life within each cell, I call that perfection forth.

My job, my home, my friends—all my world—I call good.

I break the insidious habit of negative naming. I bless my job, seeing in it possibilities for expression of God's intelligence and ability. I bless my friends, seeing them as children of God, each with an individual spark of divinity. I bless the peace and harmony of my home.

With joy and confidence, with prayer and praise I rename my world and call it good!

♣ *And God saw everything that he had made, and, behold, it was very good.*—GEN. 1:31.

MAY 24

Tuesday

TODAY IS A NEW DAY, A NEW BEGINNING.
TODAY I LIVE IN PEACE AND HARMONY
WITH THOSE AROUND ME.

As I begin this new day, I have the inner conviction that I can improve every unloving situation in my life. Right where I am, in the environment I am now in, I can develop into the kind of person I really want to be.

I want to live in peace and harmony with those around me; I want to express more love, kindness, patience, and understanding. I can be in expression all that I want to be, by letting Christ be formed in me, in my thoughts, in my feelings, in my attitudes.

I begin within my own family circle to practice being Christlike. Regardless of mistakes or failures, I press on toward my goal of achievement. It is said that practice makes perfect, so I practice getting along harmoniously with those around me. I exercise self-control under all circumstances. I learn to curb an angry retort, no matter what the provocation may be. The more poise and patience I develop, the easier it is to live in peace with my family, friends, and acquaintances.

✿ *Be at peace one with another.*—MARK 9:50.

Wednesday

MAY 25

I YIELD MY HEART TO THE HEALING LOVE
OF GOD.

WHEN your heart is tried by an emotional experience, renewal can be had as naturally as your body finds renewal in sleep. If you are troubled or bewildered, it may take conscious effort to relax, to let go, to yield your heart to the healing love of God. But this effort can be as natural and as rewarding as lifting the eyes from occupation with duty to glance through a window to God's outdoors. Something is gained in the gesture that gives new spirit and new meaning to duty. So we can lift our thoughts, easily and effortlessly, by a quiet affirmation such as, "God is here, and God is love."

As we yield our hearts to the healing love of God, our spirits are renewed, our lives take on new meaning. As we rest in God, as we rely on His loving presence, hour by hour, day by day, week by week, answers to our questions come. Directions are made clear. Vitality and strength are ours. Renewal is experienced.

*He bealeth the broken in heart,
And bindeth up their wounds.*

—PSALMS 147:3.

MAY 26

Thursday

I SEEK TO REALIZE MY CHRIST SELF AND TO
EXPRESS IT EVER MORE FULLY.

ANYONE who thinks seriously about happiness and how it is attained concludes that "man shall not live by bread alone"; that there are other values, more intangible ones, a person must partake of if he is to have true happiness.

Happiness is really the inner weather of the mind and heart that is produced through effort to realize and to express oneself wholly. We learn to express ourselves wholly when we begin to think of ourselves as being centered in God, as having His Spirit and power in us.

We are made of the stuff of infinity. We have not yet begun to express ourselves to the extent of our God-given capacities.

If you are not experiencing happiness, pray. In prayer, limiting concepts give way to that which is greater and truer, to that which is of God. The soul partakes of those indefinable spiritual values that nourish the mind and heart and create inner happiness.

✿ *It is written, Man shall not live by bread alone.*
—LUKE 4:4.

Friday

MAY 27

TODAY I PRACTICE POSITIVE THINKING AND INCREASE THE EXPRESSION OF GOD'S GOOD IN MY LIFE.

TODAY in the silence of prayer I lay before God any situation that confronts me. I keep open the channel of my mind and heart so that I may receive His guidance.

When my time of prayer is finished I still hold close a feeling of oneness with God. I enter into the day's activities filled with faith, joy, and thanksgiving.

When a negative thought or feeling enters my consciousness I do not fight it. Instead, I replace it with a positive thought. I keep my mind attuned to the positive side of life, to the bright side of the situation. If I consciously use positive thought on any situation, I will begin to develop the habit of a positive consciousness, in which negation has no place.

Positive thinking is a way of maintaining mind and heart in an attitude that allows God's abundance to flow into my life in ever-increasing measure.

✿ *For as he thinketh within himself, so is he.*—PROV. 23:7.

MAY 28

Saturday

I AM NEVER FEARFUL. I AM STRONG AND COURAGEOUS IN THE CONSCIOUSNESS THAT GOD IS WITH ME.

WHEN WE know that God is ever within us we shall be free from all sense of fear; we shall not experience fear even in the presence of things that formerly caused us to be afraid. We shall be strong and very courageous.

There is no situation or circumstance that is more powerful than God in the midst of us. When we are conscious of this innate power, we meet every experience in life with calmness, with love, with faith.

What can we fear when we know that God stands with us? With minds and hearts full of love we are strong and courageous. The presence of God in our hearts assures us that all is well, that He is with us, that there is nothing to fear.

Strength and courage are natural to us, because we are children of God. He has given us His Spirit of love, fearlessness, strength, and courage.

* *Fear thou not, for I am with thee; be not dismayed, for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee.*—ISA. 41:10.

Sunday

MAY 29

TODAY I LOOK FOR AND FIND THE GOOD-
NESS OF GOD IN EVERYONE AND EVERY-
THING IN MY LIFE.

THERE IS something of good in everyone and everything, and we never fail to find this good if we look for it.

The goodness of God in each of us is waiting to be recognized and expressed. In the silence of prayer we attune ourselves to God's presence; we are illumined concerning the resources at our command. God's wisdom is within, waiting to be used. His love abides in our hearts, ready to ease any unpleasant situation. His abundant ideas are at hand, needing only to be used in order to increase our supply.

Today let us concentrate on our good; let us bless it; let us give thanks for it. Let us bless any situation that has troubled us and release it to God's care. Let us keep our minds receptive to ideas of Truth and light.

As we practice each day looking for the good in everyone and everything we will attract more good into our lives.

☛ *The good man out of the good treasure of his heart bringeth forth that which is good.*—LUKE 6:45.

MAY 30

Monday

THE LIGHT OF GOD SURROUNDS YOU;
THE LOVE OF GOD INFOLDS YOU;
THE POWER OF GOD PROTECTS YOU;
THE PRESENCE OF GOD WATCHES OVER YOU.
WHEREVER YOU ARE, GOD IS.

TODAY LET us think about this prayer for protection, which is used in Silent Unity daily. Let us infold all our dear ones in a thought of love and protection. Let us know that wherever they are God is.

When we think about the endless, eternal life of God, when we realize that we can never be apart from His life, that we can never be separated from His presence, we are set free from sadness because of physical separation from someone we love. We know that we are forever one in spirit with those we love, that in God we are held close, that in God we are kept safe and secure.

*The light of God surrounds us;
The love of God infolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are, God is.*

☛ *Whither shall I flee from thy presence?—PSALMS 139:7.*

Tuesday

MAY 31

I AM NO LONGER RESTLESS OR IMPATIENT. I
CONFIDENTLY REST IN THE PATIENCE OF
CHRIST.

THROUGH understanding and faith we overcome restlessness and impatience. We cannot be impatient when our confidence in the higher law of God is unshakable.

It is possible for us to develop patience to the extent that we know that good is coming to us in every circumstance, from every direction, from known and unknown sources. Patience gives us the willingness to let this good come in whatever way Spirit directs. Nothing can delay the coming of our good, for it comes to us in order and under divine law.

Freedom from impatience gives us a peace that is almost indescribable. We are free from tension, resistance, and worry. Joy is ours because we are looking for and expect only good to come to pass.

With confidence in God comes confidence in His power at work in all our affairs. Let us confidently look to God and trust Him to bless us in all our ways.

♣ *But if we hope for that which we see not, then do we with patience wait for it.—ROM. 8:25.*

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YOU

IS A TEEN-AGER'S BEST FRIEND!

Yes, *You* magazine is a teen-ager's best friend, because it gives him practical Truth help in solving the problems every teen-ager encounters. *You*, like a "best friend," makes its readers feel worthy and wonderful and capable. It presents its helpful ideas through fast-moving stories and bright, readable articles. For instance, the May issue includes:

"When You Ask for Work," by R. Frances Smith. Especially helpful for spring graduates, this article gives tips on being interviewed for employment.

"Ever Since the Fire," by Jane Flower Philpy. A girl whose home has been destroyed learns that it is not what happens to us that makes us happy or miserable, but the way we react to it.

"Why Pray?" by Duane Valentry. This is the first of a two-part series giving the reasons why a number of famous men and women believe in the power of prayer.

"Come and See," by Bernice Burbank Sherman. A story of triumph over injustice.

And in addition, the May *You* has other articles and stories, poems, and many feature departments. Give some teen-ager the friendship of *You* today. The magazine is \$1 a year.

UNITY SCHOOL OF CHRISTIANITY
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FREE UNITY LITERATURE AVAILABLE

Many persons receive inspiration from reading how others have solved problems through Truth. For this reason, Unity publishes periodically the booklet *Health Is Catching*, which contains letters telling of such experiences. The term health in the title of this booklet is used in its broadest sense, including not merely physical healing but the solution of every problem that confronts man. If you would like a free copy of the new volume (Volume VI) of *Health Is Catching*, just send your request to Unity School of Christianity at Lee's Summit, Missouri.

For Radio Listeners

If you are a listener to the "Unity Viewpoint" radio program, remember that you can have a free script of any program that seems particularly inspiring to you simply by writing to Unity headquarters at Lee's Summit, Missouri. And if you are not yet a listener, write to the same address for a free radio schedule listing the time and station of the broadcast for all parts of the country.

UNITY SCHOOL OF CHRISTIANITY
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A new user of the Prosperity Bank recently wrote to Unity: "I am asking for another Bank because while I am using the Bank I always have a feeling of harmony and success."

Many persons feel as this friend does while using the Prosperity Bank, because its daily program of meditation, prayer, and sharing brings them closer to the Divine Source of all harmony and success, and naturally attracts more of these good things to their lives. Why not try the plan yourself? Send in the coupon below to receive your free Bank and full instructions.

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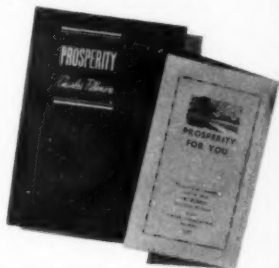
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The theme of Unity's 1955 Summer Demonstration Program will be achieving greater prosperity. Those who participate will study the book *Prosperity*, by Charles Fillmore, co-founder of Unity School, with the aid of the guide *Prosperity for You*.



This program is unique in that it is keyed especially to the individual. As the guide booklet, *Prosperity for You*, puts it:

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Write today for your copy of Charles Fillmore's book *Prosperity*, priced at \$1. With it you will receive the free guide, *Prosperity for You*. (If you already have the book, Unity will be happy to send you the guide free on request.)

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Little Things

JAMES DILLET FREEMAN

Lord, in the little things, I pray,
The unrecorded, everyday,
Passing events, may I take joy.
May I have always a small-boy
Mind that can give itself to each
Moment and does not have to reach
Forever for what is not there,
But finds contentment anywhere;
For I would have no need of wings
But what the winged moment brings.

How few the triumphs or defeats
That the most noted person meets!
But every moment, thought by thought
And act by act, a life is wrought,
A life is lived—and I would learn
To live each moment in its turn.
Lord, in the little things, I pray,
The little acts of every day,
Let me find joy. Then I shall be
Contented with eternity.

